10 PDHPE TASK 1
Physical Activity Promotion

Issue Date: Term 1 Week 2 Thursday 2.2.17
Due Date: Term 1 Week 4 Thursday 16.2.17 contemporary
Weighting: 5%

“Discuss the importance of Physical Activity throughout our lifespan.”

Part A – Introduction (1 paragraph not dot points!!)
- Define: Physical Activity and the recommendations provided by health organisations for all ages (must be referenced)
- Define: Moderate and Vigorous intensity levels
- Define Sedentary Time and the recommendations provided by health organisations for all ages (must be referenced)
- Describe: an imaginary person who is not meeting the current recommendations for Physical Activity levels
  - How old are they? What sex are they? Where do they live? What are their interests? What activities have they tried before? What do their friends do? What organised activities are in their local area?

Part B – Physical Activity Promotion and Prescription
- Propose a recreational activity for an ‘imaginary person’ who is not currently meeting the recommended amount of activity.
  - Outline/describe your proposed recreational activity
    - What is it? Where is it done? How long does it last? What equipment is required? How intense is it? What ages is it suitable for?
  - Justify participation in the activity by comparing the positives/benefits against any possible negative outcomes created through participation in the activity. Include:
    - Social benefits
    - Emotional and Intellectual benefits
    - Physical benefits
    - Monetary costs
    - Time costs
    - OTHERS!!!

Part C – Conclusion/Reflection
- Use a short paragraph to wrap up your justification of prescribing your chosen physical activity.
  - How it will assist the person to meet the physical activity recommendations
  - The benefits they may receive
<table>
<thead>
<tr>
<th>Grade</th>
<th>Writing</th>
<th>Task Evidence</th>
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</thead>
<tbody>
<tr>
<td>A 85 - 100</td>
<td>Outstanding synthesis of ideas&lt;br&gt;• Clearly informs and persuades reader toward the importance of making time for participation in physical activities&lt;br&gt;• Consistently complies with Essay Conventions&lt;br&gt;  o Clearly defined intro/body/conclusion&lt;br&gt;  o Consistent and correct spelling/grammar&lt;br&gt;  o Consistent font type</td>
<td>Research&lt;br&gt;• All references are reputable, current and relevant&lt;br&gt;• A mix of print and online references are sourced</td>
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<tr>
<td>B 65 – 84</td>
<td>Highly effective synthesis of ideas&lt;br&gt;• Informs and persuades reader on the importance of participation in recreational activities&lt;br&gt;• Essay Conventions&lt;br&gt;  o Minor spelling/grammar oversights with minimal impact on readability&lt;br&gt;  o Minor formatting oversights that slightly impede readability</td>
<td>Research&lt;br&gt;• Most references are reputable, current and relevant</td>
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<td>C 50 – 64</td>
<td>Sound synthesis of ideas&lt;br&gt;• Provides general information for the reader on the importance of participation in recreational activities&lt;br&gt;• Essay Conventions&lt;br&gt;  o Minor spelling/grammar oversights that cause notable impact on readability&lt;br&gt;  o Minor formatting oversights that are notable when reading</td>
<td>Research&lt;br&gt;• Some references are reputable, current and relevant</td>
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<td>D 35 – 49</td>
<td>Inadequate synthesis of ideas&lt;br&gt;• Provides general information about recreational activities&lt;br&gt;• Essay Conventions&lt;br&gt;  o Major spelling/grammar oversights that cause significant impact on readability&lt;br&gt;  o Major formatting oversights that prevent readability and annotations</td>
<td>Research&lt;br&gt;• No references are reputable, current and relevant</td>
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<tr>
<td>E 0 – 34</td>
<td>No attempt to synthesise ideas through writing</td>
<td>Research&lt;br&gt;• No research evidence provided in writing</td>
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